

# COLONOSCOPY

A Colonoscopy is an examination of the large intestine (colon). A long flexible tube (colonoscope) will be inserted into your rectum and passed through your colon. Your colon will be examined in detail. You may also have tissue samples (biopsies) taken and / or polyps (polypectomy) removed.

IV sedation is usually given for this procedure. If you want sedation, you must have a responsible escort (age 18 or older with a drivers license) present at time of discharge to take you home. You may not go home alone or in a taxi, shuttle, or bus. You will not be allowed to drive, fly, or operate any type of machinery or equipment or return to work for 24 hours.

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## SPECIAL MEDICATION INSTRUCTIONS

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- Take your **regular medications** at their regular time with any clear liquid except as noted: **DONOT** take any water pills (i.e.: Lasix, HCTZ (hydrochlorothiazide, Oretic, Maxide etc.)
- **Blood-thinning medications** (such as **Coumadin, Ticlid, Plavix, Persantine, Aggrenox** and **Lovenox**) need to be **DISCONTINUED** as instructed by your Doctor.
- Do not take **Iron pills, Aspirin, Motrin** or any NSAID products for 7 days prior to your procedure. You can use **TYLENOL** safely.

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- **DIABETIC PATIENTS:**  
**Metformin** is the only oral ("sugar pill") you can take. All others are prohibited. If you take **INSULIN**, you should only take ½ your regular dose the evening before **DO NOT** take any insulin the morning of your procedure.

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- Wear comfortable clothes, sensible shoes and remove all jewelry.
- Do not use nail polish or body lotion or oil as they interfere with the proper operation of our equipment.
- If you need to cancel, re-schedule or have questions about your procedure.  
Please call 254-288-8639 between the hours of 0800 – 1630 Monday thru Friday.

## **CLEAR LIQUID LIST .....**

**Beverages:** Soft drinks – Orange, Ginger-Ale, Cola, Sprite, 7-Up, Gatorade, Kool-Aid

Fruit juice without pulp – Apple, White grape, Orange, Lemonade

Water, Tea, Coffee (NO milk, cream or non-dairy creamer allowed)

**Soups:** Beef, Chicken or Vegetable BROTH / BOULLION

**Desserts:** Hard Candies, Jell-O, Popsicles (NO FRUIT BARS or SHERBET)

***DO NOT EAT OR DRINK ANYTHING RED or PURPLE in COLOR***

## COLONOSCOPY INSTRUCTIONS USING MOVIPREP

You have been scheduled for a colonoscopy on \_\_\_\_\_ at \_\_\_\_\_ hrs.  
Please arrive at \_\_\_\_\_ AM/PM accompanied by an adult escort. Your escort is requested to remain in the general area or be readily available to pick you up when called if unable to wait.

### AT LEAST ONE DAY BEFORE YOUR PROCEDURE

Obtain **MoviPrep** kit and **Simethicone** tablets from the Pharmacy using the prescription provided by your physician.

**MoviPrep** is a laxative that cleans out your colon before a colonoscopy. The **MoviPrep** kit contains 2 packages and a mixing container. Each package contains 1 pouch A and 1 pouch B. Following the instructions below, you will use all 4 pouches to complete your prep. **You must complete the entire prep to ensure the most effective cleansing.**

\*\*\*DAY BEFORE YOUR COLONOSCOPY \_\_\_\_\_\*\*\*

#### INSTRUCTIONS FOR MIXING YOUR MOVIPREP SOLUTION

1. Empty 1 pouch A and 1 pouch B into the disposable container.
2. Add lukewarm water to the top line of the container. Mix to dissolve. If you prefer, the solution can be refrigerated before drinking. The solution should be used within 24 hours.

\*\*\*FOLOW A CLEAR LIQUID DIET ALL DAY...NO SOLID FOOD WHATSOEVER...\*\*\*

#### Steps 1 and 2



FIRST DOSING REGIMEN Start time \_\_\_\_\_ AM/PM

3. The **MoviPrep** container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 ounces), until the full liter is complete. You may start going to the bathroom after only a couple of glasses, but be sure to drink **ALL** of the solution.
4. Drink an additional 16 ounces of the acceptable clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep.
5. Chew and swallow all 6 **Simethicone** tablets.
6. Prepare the second container of **MoviPrep** by repeating steps 1 and 2.

#### Steps 3 and 4



#### Step 5



SECOND DOSING REGIMEN Start time \_\_\_\_\_ AM/PM

7. The **MoviPrep** container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 ounces), until the full liter is complete.
8. Drink an additional 16 ounces of the acceptable clear liquid of your choice. You may start going to the bathroom after only a couple of glasses, but be sure to drink **ALL** of the solution
9. Make an effort to drink additional clear liquids until \_\_\_\_\_ AM/PM. At that point, it is important that you do not consume anything until after your colonoscopy.

#### Steps 6 and 7

